Greetings from Ashley Tuomi, Executive Director...

łaxayam,

The next coming months are going to be very busy with the implementation of the Affordable Care Act and the Health Insurance Marketplace which starts on October 1st. I am very proud to say that we were awarded a grant from CMS (Centers for Medicare and Medicaid) to be an official navigation site. This means that we will be assisting many different individuals with understanding the guidelines, applying for insurance, understanding their options, and choosing a plan. For those of you who are uninsured it is very important that you look at the requirements in order to avoid fines.

There are special provisions for the American Indian/Alaska Native (AI/AN) population but because of the definition of AI/AN some Natives will not qualify for the special provisions. We will be having various information sessions and you will also be able to call and make an appointment with one of our benefit coordinators who will be the Marketplace Navigators. Remember we are here to help you, so if you have any questions feel free to call us or come in. We also set up a special email (hbenefits@aihfs.org) if you have questions specific to the Affordable Care Act and the Insurance Marketplace.

In other news, AIHFS is working hard to improve the ways in which we communicate with the community and our supporters. As some of you know we have many of the social media accounts such as Facebook, Twitter, LinkedIn, and even a YouTube page. We also provide community announcements through emails and we have a webpage. Just recently, we created a blog in which I can provide you updates on crucial policies/laws that could impact AIHFS as well as other important information. This is an opportunity for you to receive information as well as ways that you can participate. As a non-profit organization, there are limits on how we can participate in lobbying and political matters, so we will strive to provide information and not opinion. You will be able to access this blog from our website or you can visit it directly at www.aihfsdirector.wordpress.com

Ashley Tuomi
Executive Director

Miigwetch
A special Miigwetch to General Motors Foundation for their generous donation and the GM Native Affinity Group for their support of AIHFS programs and Services!
Proper hand hygiene is a very effective way to prevent the transmission of many airborne sicknesses, such as the cold, flu, strep throat and other upper respiratory viruses. Depending on your age and the health of your immune system, some of these infections can be life threatening! That’s why the simplicity of proper hand hygiene is vital and one everyone should know as well as the back of their (clean) hands.

Here are very simple tips on how to wash and keep your hands as clean as possible.

1. Wet your hands with running water (water can be set to your hot/cold preference)
2. Rub your hands with soap to create a thick, soapy lather
3. Scrub the front, back and in between of hands well for 20 seconds (count by thousands, ex: 1,000, 2,000, 3,000…)
4. Rinse hands underneath water until all lather is gone.
5. Avoid towels & try to air dry your hands or use paper towels (frequently-used towels are NOTORIOUS for carrying tons of germs which can get you or your loved ones very sick).

Wash your hands...

- Before, during and after preparing food
- Before eating food (especially if you've touched surfaces prior to eating)
- Before and after taking care of someone sick
- Before or after treating a cut or wound
- Before and after you use the toilet

Believe it or not, studies have shown that washing your hands before and after using the bathroom is the best way to protect yourselves against harmful viruses.

- After changing diapers
- After shaking hands
- After touching an animal, animal food, or animal waste
- After touching garbage
- Before using hand sanitizers (sanitizers are most effective after proper hand washing).

This may seem like a lot—however, NO ONE likes to get sick. We all have heard the expression “better safe than sorry” and proper hand hygiene is just like that. Take all the precautions necessary to decrease the likelihood of you getting sick by increasing your hand hygiene!
Native Healthy Start

Healthy Start – Maajtaag Mnobmaadzid had a wonderful summer. Reflecting on our accomplishments, our Baby Celebration held on July 10, 2013, was quite a success. The dark clouds and raindrops still brought our awesome families together to honor our little ones, the most precious treasures we are gifted with. Reflection is key in our lives as it gives us a chance to remember how important we are to each other, our families, our children, our community and our helpers. It gives us growth in a positive way.

Appreciation goes to all our Healthy Start participants and their families, staff and volunteers. Without any one of you we would not have succeeded and enjoyed with fun and laughter. Special thanks goes to Sra. Jimenez and Thurman, our main cooks for the evening’s event, who always add a magical touch to their cooking styles, and to Darius for his fabulous job as our MC. We extend our appreciation to Rosebud for always going the extra mile in assisting the Healthy Start Program with her expertise and knowledge in different areas. Also, special thanks goes to Painted Rock for coming out to sing for our families.

This summer has brought us two new babies. Please welcome Ry’hanna-Rose Mitchell and Delphine Yepez. Congratulations to the moms and their families.

On July 18, 2013, we took on another exciting venture here at AIHFS: WIC has joined us and will be here every Thursday during our normal clinic schedule to assist anyone in need of this service in our community. WIC is a health and nutrition program for pregnant, breastfeeding and postpartum women, infants and children up to age 5. In order to make an appointment, please call WIC’s call center at 313-324-9482.

Our next series of playgroup dates are: October 25, 2013, November 22, 2013, and December 13, 2013. We have fun ideas and plans in store. Come join us for a fulfilling family session of creativity, songs and storytelling time, not to mention a bite to eat created by our favorite cook, Sra. Jimenez.

Our series of Childbirth Classes are set to begin Wednesday, October 2, 2013 and will run through Wednesday, November 6, 2013 from 5:30 pm to 7:30 pm. These classes again will be held at AIHFS partnered with Alternatives for Girls. Classes will include nutrition during pregnancy, labor and delivery, coping and support during labor, breastfeeding and parenting. We encourage the partners, spouses or support people to join the moms-to-be to experience the beauty of being a part of a new life. Please contact Rosa, Joyce or Nina at 313 846-6030, ext. 1125 for registration or any questions you may have.

Women’s N’doodooswan By Deirdre King

On Friday, August 2nd and Saturday August 3rd American Indian Health and Family Services welcomed Bea Jackson to the agency to provide teachings and lead us in a Women’s N’doodooswan (Sweat Lodge). Bea provided teachings on the power of women, as well as celebration of their strength. Bea’s teachings also included healing prayers for all women, especially mothers and daughters, and teachings on the sacredness of the N’doodooswan tradition for Native people. Participants in this weekend’s activities included local and state-wide community members, as well as several people who had never been to a Sweat Lodge before! AIHFS would like to give a Chi-Miigwetch to Bea Jackson for coming down to Detroit to provide teachings to our community. Her positive energy provided us with lots of love, healing, and learning.
Motivation and the Power of Not Giving Up

Having problems with diet and exercise? Join us at AIHFS where we care about the health of our community. Here at AIHFS, we work to build clients’ self-esteem so that they feel more in control of their lives. Clients leave AIHFS knowing their own strengths and weaknesses, and equipped with the tools to enhance their diet, exercise regimen, and self-confidence. Come visit our Nutritionist/Fitness Coaching Specialist, Michele Ramsey. Call (313) 846-6030 to make your appointment today!

“Moving You Is What We Do.”

TIME TO SCALE BACK

Portion sizes have been growing, so have we. Burgers today are three times bigger than they were in the 1950s, and men are, on average, 28 pounds heavier. At this rate, imagine the size of a burger in 2050! But, we can work together to make healthy living easier. Scale back when eating out by ordering the smaller portion, sharing with a friend, or eating half and taking the rest with you. And, ask the restaurant manager to offer smaller-sized options.

FOR MORE INFORMATION VISIT
MakingHealthEasier.org/TimeToScaleBack

SOURCES
26th Annual Michigan Indian Family Olympics
By Rosebud Schneider

This year marked the 26th Annual Michigan Indian Family Olympics. AIHFS teamed up with NAIA and SEMII to participate in this year’s games. Our team, Detroit Urban, though we were small, we were mighty! We had approximately 50 community members participate from our young ones to our elders! Competition was stiff but the most important part was that we were together having fun being physically active!

During the Olympics, the winners of the Walking Challenge were announced. We were proud to learn that we made 6th place! We were presented with a giant check for $750 to use towards our Powwow and Health Fair in September.

We would like to take this chance to thank everyone that participated in our walking challenge and the Family Olympics! Both of these events were a great success and we look forward to next year’s games!

Kick-Off To Affordable Health Care
By Jennifer Pipes

Are you ready for The Affordable Care Act? Are you uninsured?

You can make AIHFS your official ACA enrollment site. Beginning October 1st individuals and families can begin enrolling in The Marketplace for your insurance needs. AIHFS has qualified enrollment specialists to assist in the education and application process.

It’s the law; by 2014 all Americans and legal residents must be insured to avoid federal penalties. AIHFS can assist in selecting insurance options that meet your individual and/or family needs. Many uninsured may qualify for free to low cost healthcare plans. Specially trained staff are onsite and available for all of your insurance enrollment needs. Please contact an AIHFS specialist today by phone or email hbenefits@aihfs.org.
This summer has been a very busy and fun season for the Dream Seekers youth group. In mid June, the youth group had a day trip to Ann Arbor for a campus tour of the University of Michigan. After getting a walking tour, the youth had lunch at one of the new dining halls and had an opportunity to talk with current students about their college experiences. Overall, the youth had a fun time exploring the campus and learned a tremendous amount about preparing for college.

Towards the end of June, AIHFS hosted a 3-day youth workshop called Native H.O.P.E (Helping Our People Endure)—which focused on using native traditions, spirituality, ceremony, and humor to help prevent suicide in our community. Native HOPE was very interactive—with lots of games and activities—and both youth and adults enjoyed themselves.

The second weekend in July, the Dream Seekers worked with the GLS suicide prevention program on a mural project. For months leading up to creating the mural, GLS staff worked closely with the youth to develop their ideas for what images the mural should incorporate. After deciding on a basic concept, the GLS staff brought in a Michigan-based native artist to assist the youth in starting the actual mural. For two days, the Dream Seekers worked on the mural—it's not quite finished, but it is looking great so far! The mural can be viewed at the entrance of the Thurman Bear Basement at AIHFS.

Towards the end of July, AIHFS hosted a GONA (Gathering of Native Americans) workshop for youth and community members. Part of what GONA allows participants to explore is how personal growth and community healing can happen through our traditions, spirituality, and ceremonies. This particular event brought 6 youth and 40 community members together to get to know each other, have fun, and participate in dialogue about our community.

The youth group also had a few fun day trips this summer including Red Oaks water park, the Detroit Zoo, and a Tiger's baseball game.

This fall the youth program will be welcoming a new intern, Azania Tripp. She has just moved to Michigan from Minnesota to study at the University of Michigan School of Social Work for her Masters degree. We welcome Azania and look forward to having her as part of our team!

Our regular after school program will begin on Oct. 15th, 2013. For more information or to register, please contact Martha or Shiloh at (313) 846-6030 ext. 1113.
AIHFS is happy to announce that we have recently been awarded two new grants supporting physical activity in the American Indian/Alaska Native community!

The Active Living Detroit Mini-Grant Program, jointly sponsored by the Healthy Environments Partnership and the Detroit Food & Fitness Collaborative, engages Detroiter’s in promoting activity friendly environments throughout the area. The program funds community projects aimed at promoting physical activity and environments that support active living and physical health. AIHFS’ funded project, Zumba for Wellness, will enhance the agency’s current fitness schedule by targeting specific segments of the community member population. Zumba Gold will cater to elderly and prenatal clients, while Zumba Toning will cater to new and existing class participants that want to tone.

The Pilot Detroit! Walk Your Heart to Health (WYHH) program, sponsored by the Healthy Environments Partnership, promotes walking in Detroit and strengthens individual and organizational capacity to implement and sustain WYHH walking groups in Detroit. AIHFS’ walking group, facilitated by Rosebud Bear, will begin mid-September and will take place three times per week. Everyone is welcome!

For more information on Zumba for Wellness or AIHFS’ Walking Group, please contact Rosebud Schneider, rschneider@aihfs.org.
The Manidookewigashkibjigan - Sacred Bundle team members and everyone affected by the project have been hard at work promoting the culture of healthy minds in our community. The Screening program Minobimaadiz Baagosenmaang- Wellness and Hope Screenings are still happening! Youth ages 10-24 be sure to ask about being a part of the GLS project and get Screened! Make an appointment with Behavioral Health today- eligible youth will receive a $20 Meijer Gift Card

Summer - We had an amazing Summer filled with lots of growth and learning!

GONA (Gathering Of Native Americans) was an amazing event this year. A special thank you to all of our amazing community leaders that helped put on the events. We got to spend 3 days with the community growing in the areas of Belonging, Mastery, Interdependence, and Generosity. These themes will help our community to continue to experience healing and strengthen our mental wellness. We are excited to put these events on again and hope to see you at the next one!

Mural Project – The mural project has been going well. We had a weekend where the youth got to work with artist Daniel Vallie to paint the design on the wall. Special thanks to Daniel and all the people who helped with the wall.

This Coming Year – We will have a lot of great upcoming events for GLS so be on the lookout!

- Screenings at Community Events
- Suicide Intervention Trainings (ASIST, QPR, Safetalk)
- GONA Community Events
- Traditional Activities
- Media Projects

Call Christy Bieber– GLS Program Coordinator for more information on upcoming efforts and events (313-846-6030 X1217)
Community Advisory Council (CAC)

By John Marcus

In June the CAC had an opportunity to discuss our Department of Emotional and Spiritual Wellness and the Wellbriety program. Presenting on this subject were Master of Social Work interns, Sadiq Patel, Deirdre King and the Departmental Director, Tina Louis. Wellbriety is a sobriety, recovery and wellness group that follows the teachings of the Native American medicine wheel and the 12 Step Tradition. One of the important concerns raised that night was Anonymity. Participants noted that they would like to see the Wellbriety meetings to have a minimum amount of identification involved so that it is more in line with the 12 Step Tradition in that respect.

July’s meeting was a strategic planning session administrated by AIHFS Executive Director, Ashley Tuomi and AIHFS Operations Manager, Chasity Dial. The meeting began with Ashley asking the question: What is unique about AIHFS that makes it stand-out from other clinics in this area? The council’s responses were recorded and then each response was put on easel-size post-it notes around the room. Next came the fun part as we were each given stickers to put on the concepts we liked best, in other words, time to vote! This part was used to show prioritization. The concept that had the highest priority turned out to be Native Spirituality/Culture. With this and the other concepts, the council gave specific examples of why they were important or ways that the concepts are supported here at AIHFS. It was a very productive meeting with Ashley and Chasity having lots of paper to collect and utilize in the vision for AIHFS.

In August, like the May meeting, we had another type of focus group. This time it was hosted by the Centers for Medicare and Medicaid – Office of Minority Health. The representatives sent were Colleen Line and Courtney Armstrong. They called it a listening session and came with specific questions for the CAC. Some of the questions were: what sources do we get our health information from, how often do you go to the doctor’s for a physical, and how important is sensitivity to Native American culture by the provider? The answers to these questions will be used in their national strategy to facilitate access to and long-term engagement with a usual source of care, or medical home.

Lastly, if there is a specific program or topic you would like featured at a community advisory council meeting let me know and I will see if I can arrange it. I look forward to seeing you at future meetings. Enjoy the fall weather as Mother Earth starts to prepare for her winter rest.

John Marcus
ph 313-846-6030 x1217
email: jmarcus@aihfs.org

Want to learn more about what’s going on at AIHFS? Follow us on the web!

facebook.com/aihfs @AIHFS_Detroit aihfsmich
DEALING WITH DIABETES

Diabetes is very common in American Indians and Alaska Natives. If you have diabetes, you know that the day-to-day steps needed to manage this illness can be hard. It can sometimes seem like too much to handle. Most of the time, having diabetes is not a problem, you just deal with it. But, sometimes, it can be tough and you may not always feel good about yourself.

These feelings are normal. A lot of people feel down sometimes. But, there are things that you can do to feel better:

- **Get help from others.** Talk with the elders and seek out their wisdom. Share your feelings with a good friend or family member.
- **Get support for other issues in your life.** For many people, diabetes is only one of the things that causes worry or stress. Along with dealing with diabetes, you may also have concerns about work, family, or other relationships. Get support for things that bother you. When you are stressed, it will often be harder to control your diabetes.
- **Be physically active.** Play hard. Shoot hoops, ride a bike, dance, or take a brisk walk. Being active can help you relax, lower stress, and improve how you feel about yourself.
- **Learn something new.** Read about your tribe’s past and share what you have learned with others.
- **Eat healthy foods.** Good eating habits—such as eating fruits and vegetables, whole grain breads, low-fat meats or other proteins, milk, and cheese—can help you take care of yourself.
- **Take time to do things you enjoy.** Staying busy can help you focus on upbeat things. Find out about fun activities that you can do with a friend.
- **Do something nice for someone else.** Helping someone in need can make you feel better. Help out in your community.
- **Make a list of your strengths and accomplishments.** Jot down the things you do well, your successes, and things that make you feel good about yourself.
- **Keep a journal.** Writing down your thoughts can help you work through some issues and it can help you see how you solved a similar problem in the past.

Sometimes having diabetes can be tough! Talking about your feelings with the elders, being physically active, and learning something new are a few steps you can take to feel better.

Congratulations, Employees of the Month!

June - Krystyna Yepez

July - John Marcus
How to Support AIHFS!

Only with your support can AIHFS continue to try to meet the physical, spiritual, emotional and mental well being needs of Native American families and other underserved populations in Southeastern Michigan. Additionally, as a 501(c)(3), your generous support is tax-deductable.

Won't you make a donation today to help us get closer to meeting these needs?

To donate by check or money order, please send payable to:

American Indian Health & Family Services  
P.O. Box 810, Dearborn, MI 48121-0810

To donate online:  
www.aihfs.org/donate.html

This Issue’s Native Quote:

“Tell me and I’ll forget. Show me, and I may not remember. Involve me, and I’ll understand.”

-Native American Proverb

Missed this newsletter in your mailbox? Fill this out and be added back on our mailing list!

To receive the newsletters, please complete the following form and submit to any AIHFS staff member or mail to: 4880 Lawndale, Detroit, MI 48210. If you change your address, please let us know. We want to keep you updated on all the events at American Indian Health and Family Services.

NEWSLETTER REQUEST
Please Print Clearly

_____ New Request  _____ Change of Address

To help us save on postage cost, email is encouraged.

I would like my Newsletter _____ Email  _____ Mail (Postage)  _____ Both

Name: _____________________________ Date: ______________

Address: ___________________________________________________________________

City: ___________________________ State: _____________________ ZIP: ______________

Email: ______________________________________________________________________

Thank you!
American Indian Health & Family Services, Inc
P.O. Box 810
Dearborn, MI 48121

Clinic Hours:
Monday 8:30 - 5:30 p.m.
Tuesday 8:30 - 5:30 p.m.
Wednesday 12:00 - 8:00 p.m.
Thursday 8:30 - 5:30 p.m.
Friday 8:30 - 5:30 p.m.

Clinic: 313-846-6030

Here at American Indian Health we offer great care & services for your health care needs.

If there is anything we can be more helpful with, please let us know!

Services Provided at AIHFS

Medical Services
Women's Care
Maternal Health
Diabetes Health & Education
Substance Abuse Counseling
Behavioral Health Counseling
Dream Seekers Youth Program
Parent Support Program
Tobacco Cessation
Native Healthy Start

Insurance Enrollments
Health Education & Outreach
Immunizations & Flu Shots
HIV/AIDS Testing & Referrals
Sweat Lodge
Community Garden
Dental Referrals
Annual Events
Fitness Classes
Visit us at: www.aihfs.org

Seeking Board Members!
The AIHFS Board of Directors is looking for new members! If you have a passion for the Native Community, Wellness program and services, Accounting, Finance, Development or Fundraising, please consider applying!

In order to be considered please submit letter of intent and resume to:
American Indian Health and Family Services,
ATTN: Nickole Fox
PO Box 810, Dearborn, MI 48121 and/or email: nfox@aihfs.org

Return Service Requested